

Inside the protective hands of the 15th SFS

By Kirsten Tacker
Kukini Photojournalist

The 15th Security Forces Squadron provides police forces throughout Hickam Air Force Base and other areas such as Kauai and Kaena Point.

From a broad range of diversified tasks, which include all police functions from making apprehensions for shoplifting, domestic assaults and various other crimes, the security forces handle that and more.

Each security forces member is deployed to Iraq every six months as part of his or her duties.

"We are actually the police agency for Hickam," said Master Sgt. Paul Riffle operations superintendent for the 15th Security Forces Squadron. "We also supply all the security at the main gates for all the people getting on to the base and also all protection of the airplanes that are out on the flight line. That is actually another big portion of our police part to secure all the airplanes and the alert birds we have on the flight line."

The security forces law enforcement desk is the 911 Center for Hickam. All 911 calls go directly to the security forces control center and they will dispatch the police units.

"We monitor the radios, we basically control the net out here con-

trolling all the security for the base, law enforcement and the gates of the base, entry/outbound, we answer all calls, 911 calls, emergency, medical emergency and we make notifications on our end," said Senior Airmen Joseph Osborne. "Anything that happens here we know about it. Either we inform command post about it or command post informs us about it."

On this particular day Staff Sgt. Chris Michaels is responsible for base surveillance on the plasma, he monitors 680 alarms for the entire base. Besides monitoring all the alarms, they are responsible for installing all of the alarms on the base.

One man, Tech. Sgt. Sean Sharrer, completes the entire installation and daily upkeep of the alarms.

"It is one of the toughest positions in the Air Force because not only are you a cop, you are also an electrician," said Sergeant Riffle. "We have over 50 buildings that are alarmed on Hickam with 600 plus alarm points."

There are many ways security forces survey the base electronically. Physically they use their K-9 forces.

"Right now we have seven dogs and seven handlers to go with each dog," said Sergeant Riffle. "They will do sweeps of parking lots, high



Photo illustration by Kirsten Tacker

Staff Sgt. Osiris Terry (right), 624th MLF, and Senior Airman Carlos Lopez, 15th Security Forces Squadron, work the gate detail at the main gate. Besides the base 15th SFS also provides police forces for area such as Keana Point and the Island of Kauai

interest areas around the general's quarters, PACAF, base housing, dormitory's and on the main gate as a deterrent. The dog just being present at the main gate is actually one of our biggest deterrents to keep criminals off the yard."

Apparently the narcotics dogs are so good that if the dog is sitting there and a car pulls up, while the handler checks the identification the dog will alert the handler if there is something in the car.

"If someone smoked dope ten days ago the dog will actually know," said Sergeant Riffle.

Security forces have their own investigations section. "We investigate all crimes that the flight line can't handle, said Sergeant Riffle. "Say the crime was breaking and entering, a burglary that requires people coming in and lifting fingerprints. These guys will lift the fingerprints and do follow up interviews."

They cover the armory 24 hours a day. They account for all the arms and ammunition for each police officer and they're the issuers of the guns.

Security forces hours are unique to most other Air Force job details.

"I would like the whole public to understand these guys are working some crazy long hours, said Sergeant Riffle. They work 12-hour shifts from 6 a.m. to 6 p.m. or 6 p.m. to 6 a.m., two days on and one day off. This is because of sending people to Iraq."

Technically each officer works 14-hour days because of work that needs to be done before and after each shift. "In seven days they work 70 hours and that is the minimum time they are on duty," said Sergeant Riffle.

Many times they have to come in on their day off to do gun fire training, pepper spray and other training.

"We just have to keep an eyeball on everybody to make sure they are mentally and physically sound working the 70 hours a week," said Sergeant Riffle.

When asked what the unit's strong points are Sergeant Riffle replied, "Getting the mission done without whining, working 70 hours a week and getting the mission done. Negativity is not allowed in our squadron."

Catch a Falling Star, *part IV, a surprise mission*

By Al Blankenship
15th Logistics Readiness
Squadron

May 7, 1986, was a typically sunny day in Honolulu, with cool trade winds from the north and clouds expected to build over the mountains. As NCOIC of the 6594th Test Groups Test Engineering Division, I arrived at my office on the second floor of Hanger 2 at 7:30 in the morning. That day I was in my flight suit because I was scheduled to fly on an afternoon HH-53C Super Jolly Green Giant proficiency flight. After checking in our operations section, I found out our crew briefing was scheduled for 10 a.m.

I spent a couple of hours working items related to providing aerial recovery for a high altitude balloon program, and a Star Wars missile program. We were told at the crew briefing that we would have a noon takeoff and be going to Kaneohe Marine Corps Air Station, Hawaii for the pilots to practice precision airfield approaches. We had an early lunch and caught the crew bus to aircraft 789 on the flight line. On this day we were operating with call sign Arris 03.

The two pilots and flight engineer checked the maintenance forms, the aircraft condition, and had both engines operating by 11:30. After all systems checked out, the Hickam control tower gave us permission to taxi to the Diamond Head helipad. When we arrived at the helipad, the pilot brought up the power on the engines and we rose to a hover. All systems were still looking good and the co-pilot radioed Honolulu Airport tower for Arris 03 to depart the airfield. At 11:52 we were cleared for a visual flight rules departure and



Courtesy photos

(Above) Crew members off load a individual after an ocean rescue.

(Right) An HH-53C Super Jolly Green Giant helicopter hovers above the Hawaiian waters as a crew member readies to jump in. The 6594th Test Group had more than 60 long range water rescues during a 12 year period of time while flying the Super Jolly Green Giants in support of the U. S. Coast Guard.



turned south as we started moving across the Ewa ends of runways 8 left and 8 right. Once we cleared runway 8 right, we turned east onto the helicopter airway that would take us around the east end of Oahu. As we flew past Waikiki, the co-pilot radioed back to the radio operators in the Recovery Control Center (Call sign Applesauce), on the second floor of Hanger 2, with our departure time. Applesauce acknowledged Arris 03's 11:52 departure and told us to have a safe flight.

The altitude at which we

were flying gave us a different perspective of Waikiki and Diamond Head than we would have from a boat or a commercial airplane. Also the view of Hanauma Bay from a thousand feet out and over the water is very unusual, since you are looking into an open bay instead of from a cliff out to sea. We passed the Makapu'u lighthouse, Sea Life Park, Waimanalo, Kailua and then radioed Kaneohe airfield for permission to enter the landing pattern a few miles north for a precision approach. We flew slowly towards the airfield

with precision control by the tower personnel as we paralleled the Kaneohe town shoreline. After finishing the first approach, we broke off and turned to the left to go back to the North a few miles to practice another of these approaches.

We were about two thirds of the way through the second approach when we heard on the radio, "Arris 03, Arris 03, this is Applesauce." A minute later we heard the same thing on the radio and the pilot told the co-pilot to tell Applesauce we would call them back in a few min-

Presentations set for Sept. 14 and 17

The base library will host three "Catch a Falling Star", presentations with slides; parachutes, hooks, etc; and a video on Sept. 14 at 11:30 a.m. and 5:30 p.m. and Sept. 17 at 1 p.m. Seating is limited. Please call the library at 449-8296 to reserve your seat.

utes. We finished the procedure and then asked the tower for a left turn to get set up for another approach. Then the co-pilot used the radio to call, "Applesauce, Applesauce, this is Arris 03, go ahead". Applesauce responded with, "Arris 03 RTB!" "Applesauce, Arris 03 understands RTB?" "That is correct Arris 03, Return To Base." The co-pilot was directed to contact the Marine Corps tower to let them know that we had received instructions to depart for home.

As we headed for Makapu'u and around the east end of Oahu for Hickam, the aircrew all wondered aloud if anyone had a seriously ill family member or a spouse in late pregnancy. Applesauce called asking for an ETA (estimated time of arrival) and the co-pilot responded with, "20 minutes." When we were getting close to the east side of Diamond Head, the co-pilot radioed the Honolulu tower for clearance into Hickam. We were surprisingly cleared directly to Hickam Ewa helipad, which was unusual for the busy Honolulu International airport. As we set down on the Ewa pad, the Hickam control tower told us

to follow the maintenance truck instead of taxiing back to 789's parking spot. The truck guided us as we taxied to a refueling pit and shut down the engines.

When the main rotor blades stopped turning, the crew chief came on board and told us that a Tsunami was on its way to the islands, and that the helicopter had to be refueled and launched for possible rescue missions. We caught the waiting aircrew bus back to Hanger 2 and the rest of the crew went to Operations to plan the flight for the possibility of Tsunami rescue work. Though I was not part of a possible rescue crew, I did find out that all of our helicopters were taking off and spreading out on the windward side of Oahu for any needed rescue assistance. The 6594 Test Group along with many other military units on Oahu were ready to assist the community had there been such a need. Fortunately the Tsunami that did strike our island about 5:30 PM was only 18 inches high.

The HH-53C Super Jolly Green Giant helicopters, and C-130P Hercules tanker aircraft of the 6594 Test Group did almost sixty long range rescues over twelve years in support of the U.S. Coast Guard.

I would like to thank my fiancée, Angie for her patience and understanding of the time needed to tell the Catch a Falling Star story. Thanks also to Phyllis Frankel the Hickam Librarian, for her many hours of editing, and Tech. Sgt. Leonhard and the entire Kukini staff for their assistance in enabling us to share a piece of our Air Force heritage.

AT THE MOVIES

Memorial Theater 449-2239 • CLOSED Monday and Tuesday

Friday, Saturday and Thursday at 7 p.m.

MUST LOVE DOGS – Sarah, a divorced preschool teacher who has sworn off dating after her bad breakup, finds her family pushing her back into the dating world. Her sister places a



personal ad for her, declaring that anyone answering it “must love dogs,” despite the fact that Sarah doesn't own a dog herself. When someone intriguing responds to the ad, she decides to borrow Mother Theresa, her brother's dog and plunge in. Starring Diane Lane and John Cusak. Rated PG-13 - sexual content.

Sunday and Wednesday at 7 p.m.

DEUCE BIGALOW: EUROPEAN GIGOLO –

Deuce Bigalow is seduced back to his unlikely pleasure-for-pay profession, when his former pimp T.J. Hicks is implicated in the murders of Europe's greatest gigolos. Deuce must go back to work in order to clear



his good friend's name. Along the way, he must compete against the powerful European Union of prosti-dudes and court another bevy of abnormal female clients including the beautiful Eva, who suffers from acute obsessive-compulsive disorder. Starring Rob Schneider and Eddie Griffin. Rated R - pervasive strong crude and sexual humor, language, nudity and drug content.

Team Hickam History: The Air Force’s most historic airfield

September 15, 1938 – Hickam Field was completed and officially activated on Sept. 15, 1938. It was the principal Army airfield in Hawaii and the only one large enough to accommodate the B-17 bomber.

September 10, 1946 – Four new Army Air Force units – the 199th Fighter Squadron, 199th Utility Flight, Detachment C, and 199th Weather Squadron – were organized by the Military Department., Territory of Hawaii. The 199th Fighter Squadron was temporarily located at Bellows Field. All would later become part of the Hawaii Air National Guard.

September 16, 1952 – Typhoon Olive battered Wake Island with 170 mile per hour winds, causing damage that took more than a year to repair. Exactly 15 years later, on Sept. 16, 1967, Typhoon Sarah devastated Wake Island and all dependents were evacuated to Hawaii.

September 15, 1972 – Air Force personnel in Hawaii celebrated the 25th birthday of the Air Force by attending a formal Silver Anniversary Ball held at the Hilton Hawaiian Village Hotel's Coral Ballroom.

Crossword Puzzle: Air Force Pioneers of the ’70s

By Capt. Tony Wickman
Alaskan Command Public Affairs

ACROSS

- Actress West
- Accountant, in short
- Angry
- Slap lightly
- Mock
- ___ River
- S o u t h w e s t e r n Native American
- Caviar
- Col. Eileen ___; 1st woman Space Shuttle commander
- Initial, yet significant advantage for future progress

- Crazy ___ _ loon
- Bullets
- TSgt Tim ___; Air Force Cross recipient for Mogadishu actions

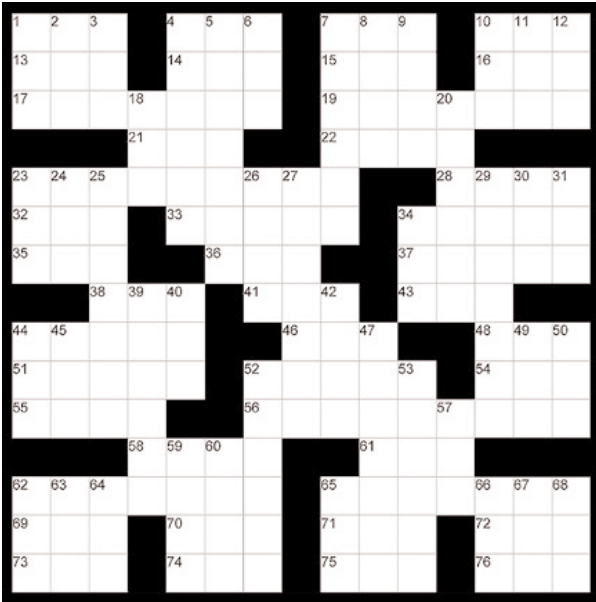
- Fury
- Epoch
- Look around
- Anaheim player
- Computer key
- Dine
- Deeds
- In the capacity or character of
- Greek letter
- 3, in a manner
- Maj. Patricia ___; first woman commander of an AFSC unit

- GMT -0400
- Quick rest
- Fat
- Dog's pests
- USAF E-4
- Deep slimy soil or mud
- Dense translucent, white or tinted fine

- grained gypsum
- 1st Oscar winner ___ Jannings (1929)
- Actress Thurman
- Dr. Sheila ___; 1st woman service secretary
- Col. Guion ___; 1st African-American astronaut
- Mistake
- ___ Grande
- Field movie Norma ___
- USAF Medal of Honor recipient Col. George ___
- Prop for 31 DOWN
- Pitch
- Web address, in short
- Hurricane center

DOWN

- Apple computer, in short
- Mil. overseas address
- Snakelike fish
- Emergency
- Mortification
- Commercials
- X-men characters
- Molecule
- Think
- Expert
- Earthlink competitor
- Actor Danson
- Laotian currency, in short
- Gen. Charles ___; architect of Desert Storm air campaign
- Tiny
- Fed. tax org.
- Glossy, resinous material
- Bath item
- Surpass other car dealers
- Oppose



- ___ Shorty
- Golfer Ernie
- Rear of the ship
- Not observable
- Mature
- Thought
- ___ Kippur
- Japanese sash
- Organized as a list
- In existence
- Score for 31 DOWN
- Unsown
- American jurist and Revolutionary War leader Chase

- SECAF's office symbol
- Second Lt. ___ Wittick; 1st woman to enter helicopter pilot training
- Uppermost and widest of the three pelvis bones
- Damp
- Wrath
- Rapping "Dr."
- SHAPE city airport, in brief
- Lyrical poem
- Skate relative
- Color

See solution, B4

September 13, 1977 – Landscaping on the RB Taxiway began with \$80,000 worth of sprinklers and \$6,000 for water lines. From the island of Hawaii, 950 casuarina equisetifolia and melaleuca leucadendron trees were transported to the taxiway where they were used to stabilize the soil.

September 15, 1987 – USAF Clinic, Hickam, was redesignated as the 15th Medical Group.

September 11, 1992 – Hurricane Iniki struck the Hawaiian Islands with sustained winds of approximately 130 miles per hour and gusts as high as 160 miles per hour near the center.

The hurricane inflicted some \$771,000 in damage to Air Force assets at Hickam Air Force Base, Wheeler Army Air Field, Bellows Air Force Station, and other geographically separated units. Worst hit was the island of



Kauai, which was devastated. Air Force and Air National Guard airlifters from Hawaii and California began delivering emergency supplies to Kauai the next day, evacuating people to Hickam on the return trip. According to the National Oceanic and Atmospheric Administration (NOAA), Iniki

reached category 4 status and was the costliest and most powerful hurricane to strike the Hawaiian Islands, causing close to \$3 billion in damage.

September 15, 1994 – The 15th Medical Support Squadron was activated and assigned to the 15th Medical Group, stationed at Hickam AFB, Hawaii.

September 15, 1994 – The 15th Medical Operations Squadron was activated and assigned to the 15th Medical Group, stationed at Hickam Air Force Base, Hawaii.

September 15, 1994 – The 15th Aerospace Medicine Squadron (predecessor to the 15th Aeromedical-Dental Squadron) was activated and assigned to the 15th Medical Group, stationed at Hickam Air Force Base, Hawaii.

September 14 and 15, 1997 – Eight C-17s set the distance record for an airdrop when they flew 7,897 nautical miles from the United States to a drop zone in Kazakhstan during Exercise CENTRAZBAT (Central Asian Battalion) 97 on a mission lasting 19 hours and 23 minutes. The drop of Kazakh, Kyrgyz, Uzbek, and American paratroops was facilitated by three air refuelings from a tanker fleet consisting of 9 KC-10s and 11 KC-135s. Sixteen airlift missions to Tashkent, Uzbekistan supported the airdrop phase of the exercise. The exercise was designed to enhance regional cooperation and increase interoperability among NATO and Partnership for Peace countries of the former Soviet Union.

Homeless veterans find help

Raised in a loving but strict family in Dayton, Ohio, Ruben Jackson never messed with alcohol until he joined the Air Force in 1969 and shipped overseas to Ramstein Air Base in the heart of Germany’s largest wine-producing region.

In hindsight, Jackson looks back on his military service years as the beginning of a lifelong battle against addiction.

“Beer, schnapps, wine,” Jackson recalls, “It was all around us, and I wanted it all.”

Discharged in 1974, Jackson attended Ohio State University, then took a job with the U.S. Postal Service, retiring on a disability in 1993. Once he stopped working, the careful structure of his life began to fall apart and his alcoholism-and now his drug addiction-took over.

Jackson was bankrupt and homeless in 2003 when he entered treatment at Volunteers of America’s Veterans Resource Center in



Photo courtesy of Volunteers of America

Rueben Jackson talks with his supervisor Pat MacConochy at Ohio Caliper, an automotive parts factory in Cleveland, Ohio. An Air Force veteran, Jackson was able beat alcoholism and has been sober for more than two years.

Cleveland, a 50-bed residential facility that offers a full range of services for homeless veterans including substance abuse and mental health counseling, and assistance with employment and housing.

Volunteers of America’s Dave Siefert, the center’s residential case manager, calls Jackson “a hard-working, stand-up guy who really wanted to get his life back. We’re happy to help him along the way.”

Key to Jackson’s recovery was going back to work, and paying off his debts.

At 53, with two years of sobriety, Jackson has begun a new career at an automotive parts factory in Cleveland and is gradually restoring his credit status with help from a financial advisor at the Volunteers of America center.

Jackson’s goal is to buy a condominium in a downtown Cleveland high-rise. “That’s what I want,” he said. “The sky’s the limit now.”

This inspiring story is only one example of the type of work Volunteers of America does each day in communities all across the country.

Volunteers of America is one of the nation’s oldest, largest, and best-loved charities. For more information visit www.volunteersofamerica.org

Volunteers of America participates in the Combined Federal Campaign (CFC) as a member of the Human Service Charities of America federation.

Air War College revises nonresident program

MAXWELL AIR FORCE BASE, Ala. (AFPN) – The Air War College here announced the revision of its nonresident studies course to ensure currency and relevancy.

The college will launch the new curriculum in January.

The accelerated content meets joint professional military education Phase II requirements and reflects recent changes in the Air War College resident course, which places greater focus on developing strategic leader skills required of operational military leaders in joint, inter-agency and coalition environments.

According to Air War College officials, the nonresident program will continue to emphasize the knowledge, skills and attributes required of all Air Force senior officers as they prepare for leadership positions with institutional responsibilities.

Officials also said because of structural changes in the

design of the course modules, only elective credit can be transferred from the existing program to the revised nonresident program. The core of the current program is not compatible with the revised program.

Officials cautioned that unless potential students need to complete AWC before the fall 2006 promotion boards, students who have not yet enrolled in the AWC nonresident course should wait to enroll in the revised program to take advantage of its more relevant and current curriculum. The current program ends Dec. 1, 2006. To ensure sufficient time to complete the curriculum by that time, the college will not accept new enrollments in the existing program after Oct. 1.

For more information people can go online to the AWC nonresident Web page at www.au.af.mil/au/awc/awcns.htm. (Courtesy of Air Education and Training Command News Service).



Youlanda Grant

15th Airlift Wing Command Section

15th AW Command Section rocks because: I get to meet and work with a wide variety of people. You encounter various challenges which enhance and broadens your NCO capabilities. The AW Command Section has made me a better leader, mentor, and overall effective NCO.

My job affects all of Hickam in that the administrative function that my office performs keeps the wing running. We are involved in nearly every administrative process to include evaluations, decorations, details and awards programs to ensure the wing command staff gets good information and products.

When not at work, I spend my off duty time: with my family and practicing my faith. We enjoy bowling and spending time at the beach. I also keep busy with my son who likes to bowl and often participates in my personal fitness program – we work out at the fitness center and run together as well.

Something people don’t know about the 15th AW Command Section: It’s a very demanding job and everyone has to come together as a team to get the job done. Prayer and teamwork are vital components to getting any cross functional task completed. Team Hickam proves that every day.

If I could change one thing about Hickam, it would be: Make the weekends longer, so I can spend more time with my family and friends.

What her supervisor says about her: She is the oil that keeps the wing command section running. Her contagious personality and can-do attitude make her invaluable to the wing. Tech. Sgt. Grant does it all!

Capt. Courtney Anderson

15th Airlift Wing Executive Officer



JROTC looking for retirees to be instructors across US

Air Force Junior ROTC has instructor opportunities for retired or soon-to-be retired officers and NCOs. Currently AFJROTC has over 60 instructor positions open in high schools around the country. AFJROTC is in the process of expanding and will be opening up to 75 new units by beginning of the 2006 school year.

Teaching AF JROTC in a high school is an excellent opportunity to share your experience and leadership skills with America’s future leaders as well as imparting the Air Force’s Core Values.

All applicants must be retired from active duty less than 5 years from the effective date of employment (may be waived in exceptional cases). If still on active duty, applicants must have applied for retirement to be effective within 6 months.

Instructors must meet Air Force weight/body fat standards and have high standards of military bearing, appearance and moral character.

Officers must have a baccalaureate degree or higher from an accredited institution. NCOs must have a high school diploma or equivalent (A minimum of an associate’s degree will be required in the near future).

Instructors wear the Air Force uniform and are expected to maintain appearance standards.

In addition, they receive, at a minimum, a salary equal to the difference between their retirement pay and their active-duty pay and allowances.

For more information, call JROTC 1-866-235-7682, ext. 35275 or 35300. The DSN number is 493-5275 or 5300.

For a list of schools and locations, go to <http://www.afoats.af.mil/AFJROTC/Instructors.asp>.

The following states have high schools which need AFJROTC instructors:

Alaska, Arizona, Arkansas, California, Florida, Georgia, Illinois, Iowa, Kansas, Louisiana, Maryland, Massachusetts, Michigan, Nevada, New Jersey, New Mexico, New York, North Carolina, Ohio, Oklahoma, Pennsylvania, Puerto Rico, Rhode Island, Texas, Utah and Washington.

SOLUTIONS From 82

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CHAPEL

Editor's note: For more information on Base Chapel services or for prayer requests call the Chapel Center at 449-1754 or Nelles Chapel at 449-6562.

PROTESTANT Nelles Chapel Sunday Contemporary Service 8:30 a.m. Sunday Gospel Worship 11:15 a.m. Sunday Praise Gathering 5:30 p.m. Chapel Center Sunday Traditional 8:30 a.m.	JEWISH Aloha Jewish Chapel, Pearl Harbor 473-0050 Jewish Lay Leader Mr. David Bender 527-5877 Naval Station Chapel 473-3971	CATHOLIC Nelles Chapel Weekday Mass 11:30 a.m. Saturday Confessions 4:15 p.m. Saturday Mass 5 p.m. Chapel Center Sunday Mass 10 a.m.	ISLAMIC Friday Congregational Service (1935 Aleo Place, Punahou) 1 p.m. Muslim Association of Hawaii 947-6263	BUDDHIST Honpa Hongwanji Hawaii Betsuin A Shin Buddhist Temple 536-7044 ORTHODOX For more information, call 438-6687
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Sports Shorts

Fitness center offers reduced personal trainer rates

Hickam fitness center now offers reduced rates for group personal training sessions. Groups consist of two to four people. Rates are \$25/single session or \$130 for 6 sessions per person. Please contact Hickam Fitness Center at 449-1044 for more information.

Diamond Head officials

The association is looking for flag football referees for the upcoming intramural flag football season.

No experience required as training will be provided before the season starts. Please contact Darren Jones at 448-1683 if interested.

Hickam Hurricanes in need of Head Coach.

The Hickam Hurricanes Swim team is looking for a new head coach. Previous coaching experience is desirable. The team also has an immediate opening for an assistance coach. No previous coaching experience required. Great opportunity to start a coaching career. For more information, contact Peggy Glasgow at 389-5063 or email Information@HickamHurricanes.com with a current resume.

Golf tournament

The Pacific Air Forces Regional Supply Squadron is hosting a golf tournament today. Cost includes green fees, cart and prizes. E-1 through E-4 and GS-1 through GS-3, \$30. E-5 through O-3 and GS-4 through GS-8, \$40. O-4 and above, civilians and other DoD members, \$45.

To sign up, send an email to brian.townsend@hickam.af.mil or toney.richey@hickam.af.mil.

For more information call 449-7777 or 449-7781.

Running club

Hickam Fitness and Sports Center is recruiting runners of all levels to begin a running club. Advanced participants are needed as volunteers, but all levels are welcome.

Monthly discussions will occur including speed work, race etiquette, massage, nutrition, yoga for runners and more.

For more information, contact Susanne Dale at 449-1044.

Hickam Swim Team

The Hickam Hurricanes program is dedicated to providing children an all-around competitive swimming program.

For more information, check out the Hickam Hurricanes' Web site at <http://www.hickamhurricanes.com/>.

Swimmers welcome all military branches

By Kirsten Tacker
Kukini Photojournalist

Recently ranked fourth in the state swim meet, children from Hickam, Camp Smith and others competed for the Hickam Hurricanes.

They are a private non-profit organization that runs out of Hickam and they offer competitive swimming for any military child.

Their practice schedule is every weekday except for holidays.

"The young kids will usually practice for an hour to an hour and a half, said Lt. Col. Lynn Broome president of the Hurricanes. "Then the intermediate and advanced swimmers will practice for two hours with a combination of what they call dry land practice with running and strength building exercises. They combine this with swimming, the different techniques and strokes and things like that."

Coach Dimples teaches all the new kids. She teaches them the four basic strokes, freestyle, the butterfly, backstroke and the breaststroke. She helps them build confidence in the water.

"Even the young kids can participate in the local Oahu meets and there is usually once a month swim meets," said Colonel Broome.

If interested in having your child join the swim team go up to pool one some time during practice, preferably before 4:15 p.m. or after 6 p.m. to meet with the coach.

"From there we offer a two week trial program, said Colonel Broome. "Where the kids can swim for two weeks without having to buy a membership to make sure the kids like what they are doing and the parents can handle the schedule. Also, so the coach can look at them and go yes they've got capabilities to be on the swim team."

The Hurricanes are looking for a head coach and more participants for this season.



Photos by Kirsten Tacker

(Top) Amber Fuller breaks the surface and surges forward while swimming the butterfly stroke.

(Left) Amber Fuller and Nick Theodor dive in at the start of laps.

(Above) Rebekah Preissinger races forward while swimming at practice.

"We have a bunch of good kids that have a good time both at the practices and they get to go to the swim meets and have a competition that is not cut throat," said Colonel Broome. "It is fun, but competitive. All the kids will get some sort

of recognition with a ribbon. Even if they do not place high enough but get their personel best in an event or meet they will get a ribbon."

Go to www.hickamhurricanes.com and use their e-mail link or call 448-1063.

Falcons rally to win opener 20-17 over Huskies

By Wayne Amann
Air Force Academy Public Affairs

SEATTLE (AFP) — For more than three quarters Air Force was, arguably, "Sleepless in Seattle." The Falcons trailed the University of Washington Huskies, 17-6, nearly five minutes into the fourth quarter and needed a wake-up call in their 50th season opener.

They got it from backup quarterback Adam Fitch.

Less than one minute after Washington built its 11-point lead, the senior signal caller replaced sophomore starter Shaun Carney for the second time in the game to direct offensive coordinator Chuck Petersen's no-huddle attack. Four plays later, Fitch found wide receiver Greg Kirkwood behind two defenders down the right sideline for an eyebrow-raising 84-yard touchdown strike, the fourth longest in Academy history.

Air Force refused to hit the snooze button.

A re-energized Falcon defense stalled Washington at its own 48-yard line, forcing a punt down to the Air Force 17 with 5:55 left in the game. Carney returned to engineer a 14-play drive, capped by a 1-yard quarterback keeper with 34 seconds left, for a scintillating come-from-behind, 20-17, win Sept. 3 at Qwest Field, home of the NFL's Seattle Seahawks.

"You can never rule a Falcon out," Air Force head coach Fisher DeBerry said. "Rallying from 11 points down and making the plays we had to make, I can't say enough about the character on this team."

The Falcon's offense struggled with adversity in the first half thanks to fumbles that killed two drives deep in Huskies territory.

On Air Force's first possession Carney guided his team from its own 31-yard line to the Washington 20 where he coughed up the ball.

The Huskies took the gift and reeled off an eight play, 57-yard drive ending in a 40-yard Evan Knudson field goal and a 3-0 lead.

After the Falcon defense stiffened on a fourth down and 2-yard situation at its own 16-yard line



Photo by 2nd Lt. John Ross

Air Force Academy Falcon wide receiver Jason Brown makes a leaping catch at the University of Washington 2-yard line in front of Huskies cornerback Matt Fountaine. The Cadets defeated the Huskies in the season opener for both teams, 20-17.

late in the first quarter, Fitch subbed for Carney in the no-huddle scheme.

"That was a pre-game decision," explained DeBerry. "It wasn't because we were disappointed in anything Shaun was doing. We wanted to put some pressure on Washington to make some mistakes lining up and to have a fast-paced game."

The strategy worked briefly as Fitch, aided by a fake kick by senior punter Donny Heaton, marched the ball to the Husky 26, where halfback Chad Hall fumbled.

The next time Air Force got its hands on the ball, with Carney back at the helm, they held on to it long enough for place kicker Scott Eberle to connect on a 41-yard field goal. His first career three-point attempt, with 39 seconds left, tied the score at halftime.

Washington's offense controlled the tempo for two touchdown drives in the second half. One

resulted in a 1-yard scoring run by fullback James Sims midway through the third quarter, while the other ended with a 27-yard touchdown pass from Isaiah Stanback to Cody Ellis with 10:43 left in the fourth.

The scores were sandwiched around Eberle's second Air Force field goal, a 27-yarder, with 1:05 left in the third. The Winona, Minn., senior tacked on a pair of extra points to post a game-high eight points.

"He looks like Tiger Woods swinging that leg," DeBerry joked. "He's so fluid and made such great contact with the ball. He came through in a big way for us."

The Falcons kicking game, a source of concern in the pre-season, got off on the right foot, overall, in the Pacific Northwest.

"As many big plays as there were, the biggest was the sky-high kickoff by (Ryan) O'Dea," DeBerry said of the ensuing kick

after Air Force took its only lead. "You couldn't have walked down there and dropped it out of the air any better than he did. They had trouble handling it and we got great field position (on Washington's 10 yard line)."

Kirkwood's momentum-swinging touchdown catch was one of his game-high six receptions for 134 yards, which more than made up for the kickoff he bobbled out of bounds at the 1-yard line four plays earlier.

"I told the guys in the huddle we're on the 1-yard line so we've got to make plays to get out of the hole we're in," Fitch said. "We got the first down then hit the bomb to Woody to get us back in the game."

"It was a perfect ball," Kirkwood said. "He put it where only I could get to it in stride. One of the defensive backs couldn't wrap me up and I got away."

So did the Falcons.

Sky Warriors pedal into shape at spin class

Editors Note: This is the first part of a four-part series on the aerobics classes now offered.

By Jackie Hites
15th Airlift Wing Public Affairs

The Hickam Fitness & Sports Center offers a group cycle ride class Mondays and Wednesdays at 5:30 a.m. and Tuesdays and Thursdays at 5:15 p.m. in the spinning center, Bldg. 1113.

This 60 minute group cycle ride is an awesome cardiovascular and lower body muscle toning work. Despite the new protocols for the Air Force Physical Fitness Tests from the cycle ergo meter to the 1.5 mile run, spinning will still improve your cardiovascular scores.

“Cycling improves running time for individuals that want to compete as marathoners or need to improve their run times for physical fitness training by greatly enhancing strength and efficiency of the muscles in the legs,” said Susanne Dale, Fitness Director. “It is an excellent way to cross train if individuals are getting fatigued from their current exercise regimen.”

According to Ms. Dale, cycling is also great because it doesn’t involve the choreography that other aerobics classes (such as step and kickboxing) do and patrons feel less intimidated because of it. “Also, the bicycle is a very personal



Photo by Vanessa Perez

Spin class participants hit the pedals hard as they work to get their heart rate to their target zone.

thing and no one knows at what level you are working (unlike having two or no riders under your step) so it is really a non-threatening environment,” she continued.

The director wants to remind people to bring water (this is VERY important) and a towel. Also she stated “... your buns may be very sore after the first few rides, but it does get easier and buying padded seat covers or shorts help.”

Spinning is the original indoor cycling program and the most comprehensive mental and physical training program ever developed.

“Classes are performed on a specially designed stationary bike called the Johnny G. Spinner,” said instructor Barbara Heiller.

“The Spinner bike allows each student to control their exertion level while still enjoying the motivation of a group setting. These innovations have transformed the essence of group exercise and have created new opportunities for fitness professionals worldwide.

“There is a misconception that spinning is so hard,” said Ms. Heiller. “It does not have to be; our program is set up with endurance, strength, and interval classes efficiently training different systems the body uses to produce energy. The best part is that you work at your own level so anyone can do it.”

The Endurance style class allows the body to be more efficient in burning fat and in maintaining a comfortable pace (65-75

percent of your maximum heart rate) for extended periods. The class is open to people at any fitness level.

“Spin is an extremely versatile class that allows one to work at his/her own pace,” said Vanessa Perez, 15th Communications Squadron. “It is up to you how hard you want to work that day, and spin is for all ages and all sexes.”

The strength style class working in a zone of 75-85 percent of the maximum heart rate; this session promotes cardiovascular and lower body strength training, a workout for great legs.

“Spin class is geared toward strengthening your cycling abilities and is great for cross training,” said Ms. Perez. “I have

gained a tremendous amount of lower body strength since I have started cycling several months ago, and I am able to endure much longer outdoor rides.”

The Interval style class is an intense session that involves working at 65-92 percent of the maximum heart rate; this session develops the ability to recover quickly after training in several different heart rate ranges.

“You can concentrate on your pedal technique, heart rate or lose yourself in the music while imaginary flats, hills, mountains, and wind challenge you,” said instructor Heiller. “Spinning is different than other types of exercises. It’s a workout you can modify to fit your physical needs. Only you know how your body responds to exercise, and it never hurts to try something new.

There is no beginner class, so newcomers should come at least 15 minutes early. For information on spinning class, call 449-1044 or visit the Web site at www.spinning.com.

Tripler hosts free fitness class

Members who have questions or concerns regarding health and fitness can attend Tripler's celebration of the Women's Health & Fitness Day. The day is the nation's largest annual health promotion event for women of all ages. It will be celebrated nationally Sept. 28 but Tripler is celebrating early.

Tripler Army Medical Center will be highlighting this event Sept. 15th. Tripler's Community Health Nursing will be hosting a free one-hour seminar 10 - 11 a.m. on Tripler's 10th Floor Conference Room.

Guest Speaker and Fitness Expert Susanne Dale will be presenting “A Woman's Guide to Fitness, Dispelling the Myths” and will be available to answer health and fitness questions.

Call 433-6834 or 433-1462 to register or for more information. Space is limited.

